



Spc. Colton Rutkowski, an aircraft structural repairer, 25th CAB, 25th ID, performs maintenance on the tail end of a simulated downed aircraft during a training exercise at the North Shore's Dillingham Airfield.

# 25th CAB holds off ‘enemy,’ recovers downed bird

Story and photo by  
**STAFF SGT. TRAMEL GARRETT**  
25th Infantry Division

SCHOFIELD BARRACKS — With bullets ricocheting off the frame of a downed aircraft, a team of aviation mechanics assigned to the 25th Combat Aviation Brigade, 25th Infantry Division, frantically tried to fix the aircraft’s problem.

The infantry could not provide security during the mission, and the mechanics had to secure the area themselves.

Enemy combatants tried to move in closer, but the security team remained vigilant and held them off.

As the mechanics were turning wrenches and the security teams returned fire, Spc. Adam Hatchell, a UH-60 helicopter repairer, was shot in the arm and began to bleed heavily.

Staff Sgt. Jeffrey VanCamp, a section chief, 209th Avn. Support Battalion, grabbed his aid bag and rushed to his injured Soldier. Simultaneously, the maintenance team assessed the damage to the aircraft and determined the only option was to sling load.

**DART**

This may sound like the plot of an action movie, but in reality, it was an exciting training exercise to hone the skills of the 25th CAB Downed Aircraft Recovery Teams, or DART.

“I wanted this training to be beneficial, yet entertaining,” said 1st Lt. Guy White, pilot and shops platoon leader, 209th Avn. “Each team had a maximum of four hours on the objective. The biggest reason for this was to highlight and validate their ability to function in a crunched

time frame.”

The 25th CAB enlisted the help of 2nd Bn., 35th Inf. Regiment, 3rd Bde. Combat Team, to provide several classes on basic infantry tactics. In addition, infantrymen would also evaluate the Soldiers during the exercise and give them advice during certain situations. As a result, the scenarios were realistic and challenged the Soldiers’ technical and tactical knowledge.

“When we contacted 2-35th Inf., they were more than happy to support. It was great having them around to evaluate the leadership, (and give) reaction to contact and security,” he said.

The teams used real-world assets, such as medical evacuation and heavy lift. They were even air assaulted into the location. This method added a degree of difficulty to the training.

“Bringing in the other units for this training

highlights not just our ability, but theirs as well,” White said. “This training was a way for me to validate what my DART team can do. It gives a commander an idea of what his Soldiers are capable of and what he need to focus on for training.”

White, a former drill sergeant now a platoon leader, focused the training on the younger Soldiers in the brigade. He believes that getting them involved and excited about training will potentially keep talented Soldiers in the Army.

“When you empower your Soldiers, you get more results from your Soldiers,” White said. “We are opening their eyes to the bigger picture and showing them where they fit in. When a Soldier does their work the right way, he is saving a crew’s life on an aircraft, which in turn saves a guy on the ground. When they see it all come together, it’s priceless,” White said.

## DON’T BE A BY-STANDER



## USARHAW launches vigilance campaign

**U.S. ARMY-HAWAII**  
Public Affairs

The holiday season is a time for family, celebration and good cheer, but the holidays are often marked by an increase in the 4 S’s: substance abuse, sexual assaults, suicide and safety violations.

“Prevention of the 4 S’s is everyone’s business — being aware, being proactive, being involved,” said Maj. Gen. Charles Flynn, senior commander, U.S. Army-Hawaii. “As we enter the holiday season, everyone needs to be vigilant.”

To emphasize this message, USARHAW is launching an awareness campaign called “Don’t be a BySTANDer – Take a STAND! The campaign provides information about how to prevent potentially dangerous behavior during the holidays and beyond. Its ultimate goal is to reduce the 4 S behaviors and create an increased sense of safety and well-being for Soldiers, family members, retirees, veterans and civilians.

Take a STAND! will also recognize those USARHAW members who have taken extra efforts to help prevent a tragedy.

**Substance abuse**

“Don’t drink and drive” and “get a designated driver” have become familiar platitudes, but these messages must be put into action to avoid vehicular and personal injuries.

“People love to have fun over the holidays, but this often leads to excessive drinking, and that can quickly lead to unsafe behaviors,” said Johnny Miller, Army Substance Abuse Prevention (ASAP) prevention coordinator at the Directorate of Human Resources, U.S. Army Garrison-Hawaii.

Miller said the ASAP website, at [www.garrison.hawaii.army.mil/asap/default.htm](http://www.garrison.hawaii.army.mil/asap/default.htm), lists classes, programs, clinics, testing and other resources, including support for youth or teenagers. It provides a load of resources to help anyone with alcohol, drug or substance abuse issues.

“Each of us have opportunities to make the right choice in every instance,” said Miller.

See STAND A-4

# PRMC receives new commanding general

Story and photo by  
**SPC. PAXTON BUSCH**  
Pacific Regional Medical Command  
Public Affairs

Staff, family, and friends gathered, Friday, to welcome incoming Pacific Regional Medical Command Commander Brig. Gen. Patrick Sargent and to bid farewell to outgoing commander Brig. Gen. Dennis Doyle.

Doyle said he believes that Sargent is the perfect choice for the Pacific region as it transforms to the Pacific Regional Health Command, with a footprint that will include U.S. Army-Alaska and Joint Base Lewis-McChord.

Sargent, who was previously the MEDCOM G-3/5/7, said that he felt humbled and blessed for the opportunity to command an organization that he watched achieve excellence across a variety of assigned missions.

“Over the past several days, I have met some of Army Medicine’s finest Soldiers, non-commissioned officers, officers and civilians,” Sargent expressed. “I look forward to serving alongside each of you throughout my tenure in command.”

Lt. Gen. Patricia Horoho, Army surgeon general, and commander, MEDCOM, expressed her confidence in Sargent, recognizing his achievements in championing the transformation to a system for health, driving the formation of the Performance Triad and leading the transition to an operating company model.

“Your proven strategic leadership skills

and innovative thinking will serve you well as you build on PRMC’s successful programs and partnerships, create your own — as you always have — and care for our Soldiers, their families and retirees,” Horoho said.

Sargent pledged to provide safe, high-quality and accessible, world-class medical care to beneficiaries, while also ensuring PRMC remains a credible partner and key enabler that judiciously uses medical diplomacy to help promote the region’s theater support campaign plan.

“To maintain our Army’s competitive advantage, we must optimize our units’ readiness and every Soldier’s performance by focusing on the human dimension,” Sargent said. “I am committed to helping our stakeholders and partner nations lead a cultural change utilizing the Performance Triad to achieve a healthier and fit force.”

Sargent concluded with a commitment and a challenge to staff.

“Every day I am in command, I will endeavor to be the pre-eminent ambassador for Army Medicine and pledge to make a positive impact on the lives of those I meet and ask each of you to do the same.”

Doyle assumed command of PRMC in November 2012, where he concurrently served as the commander of Tripler Army Medical Center; commander of the 18th MEDCOM (Deployment Support); command surgeon of the U.S. Army-Pacific; senior market manager of the Hawaii Enhanced Multi-Service Market office; director of the Hawaii



Brig. Gen. Patrick Sargent, incoming commander, PRMC, assumes his new command, Friday, at a change of command ceremony held at Palm Circle, Fort Shafter.

Federal Coordinating Center for the National Disaster Medical System; and as chief of the Medical Service Corps.

“PRMC is one of the most strategically im-

See PRMC A-5

# Delegates gather for 2014 AFAP conference

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — The 2014 Army Family Action Plan (AFAP) conference begins Monday, and delegates from all ranks of the Army — active and reserve Soldiers and retirees, family members and surviving family members, Department of Army civilians and tenant organizations — will be gathered, here, to brainstorm ways to improve quality of life at U.S. Army Garrison-Hawaii.

Members of the Army community submitted improvements under consideration online and by contacting the garrison’s Army Community Service office.

This year, about 63 issues covering the spectrum from health and safety to medical benefits and education were submitted, ex-



plained Elisabeth Olsen, the ACS family support officer who helped organize the conference.

The delegates will review and prioritize the issues, which will be presented to the garrison commander on the last day of the conference.

Many issues will be resolved at the garrison level, but some may be forwarded to the Department of the Army for further review as part of the process.

“Having worked in a support role for AFAP for the past 20 years, I’ve seen the incredible advantages of having the commitment of the Army community to put forward any issues that represent a challenge to quality of life,” said Olsen. “These issues affect neighbors, units and the overall

See AFAP A-5

**AFAP**

Since its inception 31 years ago, the AFAP process has resulted in more than 100 legislative and Department of Defense policy changes, and more than 150 new or improved Army programs and services.

Nationally, they include these:

- Privatization of family housing.
- Creation of the Military Thrift Savings Plan.
- Enactment of the Service Members Civil Relief Act.
- Implementation of paternity leave.

Locally, they include these:

- Opening the MWR Kennel.
- Creation of Tropics Community Activity Center.
- Increase in Parents Night Out child care availability.





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Police Call

# Army Hawaii’s motorcycle policy changes

**COL. DUANE MILLER**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

Oct. 16, Military Police and leaders at all levels began educating the community on U.S. Army-Hawaii Policy Letter 11 on motorcycle safety.

While the education process for the new policy has been ongoing, active enforcement across all installations began Nov. 1.

Violators of the policy will be subject to the issuance of citations, as well as the loss of driving privileges on-post.

There are four major changes to the pre-existing policy, including changes to required safety equipment, prohibited equipment, training and notification. Make sure you know what the new policy requires in order to avoid putting yourself at risk.

**Safety equipment**  
When operating a motorcycle on USARHAW installations, riders must wear a Department of Transportation approved helmet, protective eyewear, abrasion-resistant gloves, long pants (excluding PT pants), long sleeves, and leather/canvass boots or sturdy over-the-ankle shoes. The new policy prohibits riders from wearing high-top basketball shoes while riding.

Additionally, the new policy specifies the use of reflective gear based on the time of day.

From 7 a.m. to 7 p.m., riders must wear either a fluorescent (brightly colored) and reflective vest, jacket or upper outer garment, or they must wear a mo-

torcycle specific jacket with padding/armor.

From 7 p.m. to 7 a.m., riders must wear a fluorescent and reflective vest, jacket or upper outer garment. The policy specifically states that wearing a PT belt does not meet this requirement, and the reflective and fluorescent material must be present on both the front and back of whatever garments are worn.

**Prohibited equipment**  
Riders on-post are not authorized to wear any garment that displays an affiliation with a motorcycle club or other group that solicits membership.

**Training**  
USARHAW Policy Letter 11 requires that all military operators successfully complete an appropriate Motorcycle Safety Foundation Basic Rider’s Course (BRC), the Motorcycle Defensive Driving Course or an approved state curriculum prior to operating any motorcycle.  
The policy letter also requires all military riders to take either the Experienced Rider’s Course (ERC) or the Military Sport-Bike Rider’s Course (MSRC) within six months of completing the BRC and retake the course a minimum of every five years.  
Soldiers who deploy for greater than 180 days, and redeploy, must complete Motorcycle Refresher Training prior to operating any motorcycle. In addition,



Miller



Spc. Tiffany Dusterhoft, 8th Theater Sustainment Command Public Affairs

**Army Hawaii motorcyclists circle Oahu amidst 800 fellow riders to enhance safety awareness, Sept. 1, 2011.**

any Soldier who obtains a different motorcycle than the one he was initially certified on, or makes substantial modifications to the dimensions, weight, performance or handling characteristics of the motorcycle, will take the ERC or MSRC within one month of the change or purchase.

**Notification**  
Under the new policy, all Soldiers have a duty to report to their chain of command any moving violations for which they are cited and convicted on or off-post while operating a motorcycle. Moving violations include any infraction of the traffic law that occurs while the vehicle is in motion, such as speeding, driving while intoxicated, failure to stop at a stop sign and others.  
The new policy applies to all motorcy-

cle operators on USARHAW installations. In addition, the policy applies to all 25th Infantry Division Soldiers, both on and off-post.

In the near future, this policy will also apply to all 8th TSC Soldiers, on and off post as well.

**Motorcycle Safety**  
Any additional questions regarding USARHAW Policy Letter 11 on Motorcycle Safety should be directed to your unit chain of command or the USARHAW Office of the Staff Judge Advocate Administrative Law Department at 655-6572. Visit [www.garrison.hawaii.army.mil/command/documents.htm?tab=1](http://www.garrison.hawaii.army.mil/command/documents.htm?tab=1).

First Steps in FAITH

## Debt can hurt marriages

Money issues frequently a predictor of divorce, stress and disagreement

**CHAPLAIN (MAJ.) JOHN GRAUER**  
Plans and Operations Chaplain  
U.S. Army Garrison-Hawaii

*“You spent what?”*  
Have you ever heard that statement? I did, early on in my marriage. It was when I tried to sneak past my wife with a new snowboard.

I thought I had gotten a great deal. I tried to tell her it was for her, but that didn’t go over any better either. It was possibly because she doesn’t snowboard, and even if she did, the board was much too large for her, anyway.

But it does bring up an important issue with Thanksgiving and Christmas right around the corner. One of the biggest stresses during this time of year is money.

Arguing about money is one of the top predictors of divorce, according to Sonya Britt, a Kansas State University researcher. She found that couples who argued about money early in their relationships — regardless of their income, debt or net worth — were at a greater risk for divorce.

Though money is rarely the only reason a couple divorces, it is certainly a top contender of divorce-causing problems. Money stress can drastically change the dynamics of even the strongest of marriages.

Below are three of the top ways money problems can lead to stress in your relationship.

1) Different values when it comes to spending money can cause a lot problems for couples. If you believe in the importance of paying for expensive luxury items, and your spouse believes that money should go toward college, you’re not likely to change each other’s opinions.

Your values when it comes to spending money often reflect your values in other areas of your life. This difference could be a source of constant disagreement.

2) Many married couples find issues in who has control over finances, especially when one partner is the main source of income. Some believe the earner has the right to decide how and when money is spent.

A spouse who doesn’t work outside of the house would probably feel differently since he or she manages the household and would best know what’s needed and when.

3) The way each partner views debt and paying off debt can result in strain on a marriage. If you believe in pumping every extra penny into debt and your spouse feels differently, there’s yet another source of tension.

Further, if you each entered the marriage with different amounts of debt, how much are you responsible for your spouse’s debt and how much is he or she responsible for yours?

If you can talk about debt with your spouse, you’re more likely to succeed in a marriage.

Financial Peace University (FPU) is a program offered through the Main Post Chapel. This course on money management is taught by Dave Ramsey and led by a facilitator. A facilitator goes through a video series that will walk you through the basics of budgeting, dumping debt, planning for the future and much more!

FPU will teach why it’s important for spouses to communicate and work together toward success. Also, singles will learn the importance of accountability, and parents will find out how to teach their kids about money.

As mentioned above, money is rarely the only cause of a divorce; however, the ability to be open and honest about money opens avenues to being open and honest in other areas of your life, as well.

It is a good idea for all married or just getting married couples to make sure they understand each other’s financial beliefs. Strengthen your relationship by dealing with money before it becomes an insurmountable problem.



Grauer

## Chaplain assistants work behind the scenes

ARMY NEWS SERVICE  
News Release

Their primary purpose is to support the unit ministry team programs and worship services. Their enjoyment is getting to know people and making a difference.

For over 105 years, chaplain assistants have played an integral role in providing support and comfort to Soldiers while directly supporting chaplains.

“They are the backbone of the Chaplain Corps,” said Col. Robert Phillips, command chaplain, U.S. Army Garrison-Hawaii.

This year marks the 105th anniversary of the chaplain assistant military occupational specialty.

Oftentimes, the relationship between the chaplain and the assistant are strained. They do the day-to-day, behind the scenes operations that set up chaplains for success.

A major understated duty that is developed with time, whether a new chaplain assistant knows it or not, is to close the invisible, unspoken gap between enlisted and officers. Since chaplain assistants are the voice of the chaplain, one of their primary missions is to build and foster relationships with everyone, regardless of rank, grade or religion.

“They do all of the behind-the-scenes work,” explained Phillips, “set up, tear down and administration of the ministry teams.”

Chaplains are a noncombatant MOS. They cannot touch a weapon; however, chaplain assistants can. In a time of war, their primary role is providing security to chaplains.

There are three aspects of being in the Chaplain Corps: care for the living, nurture for the wounded and honor for the fallen. As chaplain assistants will say, the more they interact and get to know Soldiers, the more they are able to recognize when someone is not in the right space, possibly at risk of suicide.

The gift of gab really does come in handy and is another unspoken requirement of the job of a chaplain assistant.

USAG-HI has nine chaplain assistants on the installation. The next time you see them, thank them for their work.



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

**Spc. Laaigah Abrams, fund technician, USAG-HI, is one of nine garrison chaplain assistants.**

## Voices of Ohana

Warrior Care Month

“What can we do to support Soldiers’ health?”

Photos by 25th Infantry Division Public Affairs



“We should have more counseling here. They are doing a lot for Soldiers, but we should give them a little more help.”

**Ashley Ares**  
Family Member



“I’d change the time-consuming process to see a physician’s assistant.”

**Sgt. Nikita Richardson**  
Intelligence and Sustainment Company, HHB, 25th ID



“Soldiers should slow down on some of the high-impact physical training. We put a lot of pressure on them to stay physically fit.”

**Audreya Sans**  
Family Member



“I believe if we sit down with the Soldiers and hear them out with genuine and sincere attitude, they would benefit.”

**Sgt. Melinda Thomas**  
Warrior Transition Battalion



“More unit activities with the families will help Soldiers’ morale, which will affect their overall health.”

**Sgt. Jose Velez**  
1-21st Inf. Regt., 2nd SBCT, 25th ID



# Top Army leaders commemorate Veterans Day

WASHINGTON — On Veterans Day, we paused to honor and remember the men and women who have served during war and peace, defending our country and the American way of life.

As a nation, we must never forget the debt we owe them for securing the many freedoms we often take for granted.

The volunteer Army is our nation’s strength. Past and present, our Soldiers represent the honor, courage and commitment to serve that befits the profession of arms.

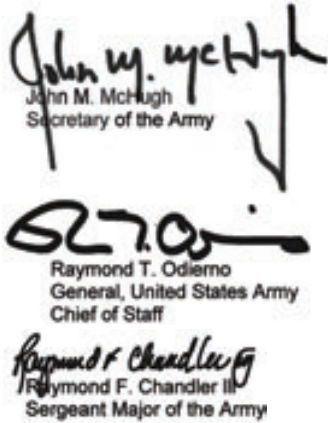
Soldiers who are serving and those who have served in the active or reserve components are Soldiers for Life, permanent members of America’s Army. Whether in Normandy or Okinawa, Korea or Vietnam, Afghanistan or Iraq, or elsewhere around the world, our Soldiers have served willingly and nobly answered our nation’s call.

Through their support, their families have served, too, and equally deserve our respect and appreciation.

Every one of our Soldiers, veterans and their

families has selflessly devoted themselves to serving our great nation. Their gifts are many.

We encourage you to say thank you to those individuals who have worn the Soldier’s uniform. At the same time, please continue to honor our fallen, our wounded warriors, and those who still serve in defense of our country and its principles.



# Wahiawa celebrates veterans during 68th annual parade

Story and photos by  
**STAFF SGT. CATRINA HERBERT**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — The sidewalks on California Avenue were filled with hundreds of spectators, family and friends of active duty military and veterans eager to show support and pride for their country, as Wahiawa said “Mahalo” to veterans, Tuesday, at the Wahiawa Lions Club 68th Annual Veterans Day Parade.

The club has been hosting the Veterans Day Parade for decades. It has become an event the community looks forward to each year.

Veterans from all eras were present, either marching in the parade or standing in the streets dressed in the uniform of their service. The parade was comprised of over 70 participants.

Soldiers of 3rd Battalion, 4th Calvary Regiment, 3rd Brigade Combat Team, 25th Infantry Division; a color guard from 2-27th Inf. Regt.; and the 25th ID Band also marched in the parade.

The Royal Hawaiian Band and Mayor Kirk Caldwell led the parade.

This year, three grand marshals were designated: Mitsuo Hamasu, from the mighty 110th Inf. Bn., and Glen Arakaki and Yoshinobu Oshiro, both of the wartime Military Intelligence Service.

Active duty military marched to the applause of onlookers, local elementary schools waved American flags, local high school bands played, and Girl and Boy Scouts passed out candy and sang, “Together we say, Happy Veterans Day.”

The parade route ran from Ka’ala Elementary School to the Wahiawa District Park, where it ended with a program in the park featuring Maj. Gen Charles Flynn, commander, 25th ID, as the keynote speaker.

The park held military vehicles, static displays, food booths, crafts and a couple of jumping bouncers for the kids. Also, local elected officials were in attendance for the day’s activities.

“Since 1949, the community of Wahiawa has been letting the veterans know they love them and embrace them,” said Caldwell. “When they go off to war, we wish them the best and feel sad, and when they come home, we wrap them with



Maj. Gen Charles Flynn, commander, 25th ID, and his wife, Kathleen, wave to parade viewers along California Avenue as part of the 68th Annual Veterans Day Parade in Wahiawa, Tuesday. Flynn was the featured keynote speaker for the post-parade event at Wahiawa District Park.



The Tropic Lightning Band halts and performs along the parade route. The band is a featured part of the Wahiawa parade.

# Motorists advised of Waianae aerial, convoy operations

**25TH INFANTRY DIVISION  
PUBLIC AFFAIRS**

WHEELER ARMY AIRFIELD — The U.S. Army will be conducting aerial and convoy operations along the H-2 Freeway and Farrington Highway, Nov. 12-19, as units conduct training at Makua Military Reservation.

Military convoys will consist of no more than five vehicles, of varying types, traveling from Schofield Barracks to MMR.

Units will make every effort possible to avoid traveling during peak traffic hours.

The Army is coordinating this effort with the Honolulu Police Department. Motorists are ad-

vised to be alert and to drive with care.

The Army in Hawaii appreciates the community’s understanding and continued support of local Soldiers and their families. While sometimes loud, the sounds of aviation represent how the Army ensures our nation’s Soldiers are ready to accomplish any mission.

To report concerns related to the aircraft movement or aviation noise, call 656-3487. The garrison will return calls during regular, weekday business hours.

Please note movement dates are subject to change. The training is contingent on environmental conditions that may affect the flight times.



# Native American Heritage Month 2014 observed

ARMY NEWS SERVICE  
News Release

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.



Photos by Staff Sgt. Bryan Lewis, Defense Video & Imagery Distribution System

**Dr. Barney Old Coyote, a Boeing B-17 Flying Fortress gunner and Crow language code talker from World War II, speaks at a past Native American Heritage observance.**



**Gene Tagaban, storyteller, performs a Native American traditional dance at a past Joint Base Lewis-McChord National Native American Heritage Month observance luncheon.** (Photo has been altered from its original form; background elements have been removed.)

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, New York. He persuaded the Boy Scouts of America to set aside a day for the “First Americans,” and for three years they adopted such a day.

In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kansas, formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day.

Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. Dec. 14, 1915, he presented the endorsements of 24 state governments at the White House.

There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990, President George H. W. Bush ap-

A poster for National American Indian Heritage Month 2014. It features a Native American man in traditional dress, including a feathered headdress. The text on the poster reads: "NATIONAL AMERICAN INDIAN HERITAGE MONTH", "Native Pride and Spirit: Yesterday, Today and Forever", and "2014".

**More Online**

See more about Native Americans at these sites:

- [www.defense.gov/home/features/2014/1114\\_native-american/?source=GovDelivery](http://www.defense.gov/home/features/2014/1114_native-american/?source=GovDelivery)
- [www.army.mil/standto/archive\\_2014-11-03/?s\\_cid=standto](http://www.army.mil/standto/archive_2014-11-03/?s_cid=standto).

proved a joint resolution designating November 1990 “National American Indian Heritage Month.” Similar proclamations, under variants on the name (including “Native American Heritage Month” and “National American Indian and Alaska Native Heritage Month”) have been issued each year since 1994.

*(Note: Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior.)*

## DOD celebrates Military Family Month in November

KAREN PARRISH  
DOD News, Defense Media Activity

WASHINGTON — November in America traditionally is a month of thankfulness, and the Defense Department chose this month to recognize those who support the nation’s armed forces, but who don’t wear the uniform: military families.

Barbara Thompson directs the department’s Office of Family Policy, Children and Youth, and Special Needs. She recently spoke with DOD News about Military Family Month and why it matters.



Photo courtesy of Department of Defense

**The DOD has deemed November Military Family Month and is highlighting the sacrifices made by military families to support military personnel.**

“In November, we take the time to draw attention to and highlight the great sacrifices and support that military families offer our men and women in the armed forces,” she said.

Thompson’s office oversees programs and

policies that promote military families’ well-being and quality of life. Thompson’s portfolio covers a range of military family concerns, from child development programs to spouse career development, personal financial readiness and nonmedical counseling.

**DOD honors military families.** Senior Pentagon officials will participate throughout the month in events designed to honor military families, Thompson said, and the military services, installations and family support centers also will be working to recognize military families.

“There will be a lot of events and special recognitions,” she added.

Thompson noted that the modern military family mirrors the modern American family — some families are blended, some have single parents, others consist of unmarried or same-sex couples, and still others have special needs.

“Just like the American family, we have all different shapes and sizes. ... They all comprise this fabric of military families,” she said.

Families contribute to the U.S. military’s strong, resilient and ready force and to their communities, as well, Thompson said.

“When we think of our military members and the values that they embody, such as courage and duty and ethics and loyalty, those same attributes are key to our military family members,” she noted.

Thompson said the department considers military families an integral part of the force.

“We like to say that military families serve, too,” she said, “because without the support ... it would be very difficult for service members to do their mission.”

She continued, “I like to think that military families are right there, throughout the greatest challenges, as well as right there during the greatest triumphs of the service member.”

## STAND: Awareness campaign begins

CONTINUED FROM A-1

### Sexual assaults

There is a direct connection between substance abuse and sexual harassment and assault.

“The prevention of sexual assault is the Army’s top priority,” said Lisa Charles, US-ARHAW SHARP (Sexual Harassment Assault Response and Prevention) program manager. “The holidays bring out the emotions of the season and these — combined with drinking, feelings of isolation, separation from families, and other challenges — can lead to sexual harassment and sexual assault issues.”

In October, a SHARP Resource Center opened near the U.S. Army Health Clinic-Schofield Barracks and is a one-stop shop with all the resources available to respond to victims and investigate and to prosecute cases of sexual assault, as well as to educate everyone about sexual harassment and the behaviors that can lead to sexual assault.

The Directorate of Family and Morale, Welfare and Recreation provides links to resources at [www.himwr.com](http://www.himwr.com). (Search for SHARP at the FMWR site.)

### Suicide

The holidays aren’t all joy and cheer for everyone.

“This season can produce loneliness for those who feel isolated from family and friends. We’ve found suicide attempts rise during this time,” said Miller.

Soldiers are familiar with the acronym ACE: **Ask** your buddy. Find out if someone is thinking of suicide.

**Care** for your buddy. Listen, offer hope and don’t judge.

**Escort** your buddy. Take action, don’t leave the person alone and escort them to assistance.

The ASAP website provides awareness and prevention information to help prevent suicides. Other resources include Military One-

Source (800-342-9647), a Military Family Life Consultant (808-222-7088), a Family Life Chaplain (808-655-6646, North, or 808-833-2413, South), or an Employee Assistance professional (808-655-6047).

### Safety violations

“Safety is always a top priority, especially with the festivities of the season,” said Bill Maxwell, safety specialist, Directorate of Installation Safety, USAG-HI.

“Keep deep fat fryers away from the house as you prepare your holiday feasts. At home, please pay attention to your holiday lighting. Don’t overload circuits or extension cords,” he said. “Please be alert when on the road, at the beach, on a hike and with the kids.”

Sgt. Maj. Veronica Regalbuti, senior enlisted adviser for the Directorate of Emergency Services, added, “We want everyone to enjoy the holidays with family and friends. This means getting there and back safely. So remember the simple things: Drinking and driving never mix, so have a plan. Buckle up; a seat belt saved my own brother’s life. Avoid driving distractions like cell phone use; don’t text and drive. And finally, don’t speed; it’s better to get there late than to never get there.”

Safety is an everyday issue, whether at work, home or play. All must practice safety when driving, socializing or working.

Get more safety details at [www.garrison.hawaii.army.mil/safety/default.htm](http://www.garrison.hawaii.army.mil/safety/default.htm).

### A look ahead

In the weeks ahead, Take a STAND! will take a look at each of the 4 S’s. The community is encouraged to get involved, to become more aware of symptoms, to take part in events promoting awareness and to lead others to resources available.

“This campaign is simple and straightforward, so every individual should be involved,” said Flynn.

“Don’t be a bystander; take a stand,” added Flynn. “Get involved; don’t be afraid to take action. Together we can make a difference.”



# 8th STB inducts NCOs at Army Museum, Waikiki

**8TH THEATER SUSTAINMENT COMMAND**  
Public Affairs

FORT DERUSSY — Fort Shafter-based troops from the 8th Special Troops Battalion, 8th Theater Sustainment Command, honored veterans who built the Army’s world-renowned Noncommissioned Officer Corps and also welcomed the next generation of NCOs into that Corps during a public NCO Induction ceremony in front of the U.S. Army Museum of Hawaii, here, Friday.

The ceremony is a time-honored tradition in the Army that recognizes the critical step that was symbolized for the new inductees by passing under the crossed swords and reciting the NCO Charge together.

With Veterans Day, Tuesday, the event also provided an opportunity for the crowd of troops, retirees, local civilians and tourists to reflect on the important sacrifice that veterans have made, past and present, as they witnessed the unit induct 12 new NCOs and four retired veterans as honorary inductees.

“Even when you take the uniform off, there are certain standards you still



Sgt. Jon Heinrich, 8th Theater Sustainment Command

**Soldiers with the 8th STB, 8th TSC, in period uniforms, enhance an NCO Induction Ceremony, Nov. 7, at the Army Museum in Waikiki. Ten NCOs and four retirees were inducted in observation of Veterans Day.**

live by, and creeds you have to govern your life (by), because there’s no ‘ex’-Soldiers; there’s just ‘former’-Soldiers,” said retired Sgt. Calvin Griffith, who accepted a posthumous honor on behalf of Master Sgt. John H. Rogers Jr., a Vietnam War veteran. “You’ve just transitioned to a different part of life, but you still inspire other people to

## Honored Retirees

The following received honorary inductions:

- Judith Bowman, former Navy petty officer and director of the U.S. Army Museum of Hawaii
- Pierre Moulin, author of six books about World War II who raised more than \$80,000 in support of the Army museum and veterans organizations.
- Retired Master Sgt. John H. Rogers Jr. (posthumous)
- Command Sgt. Maj. Leighton Siu, chief protocol officer, 8th TSC

live by those same standards.”

“We are, by far, the most professionalized NCO Corps on the planet,” said Command Sgt. Maj. James Shuman, senior enlisted adviser, 8th STB.

Veterans and current NCOs helped make the Corps what it is today, but it’s the newly inducted NCOs, and the ones that will follow, who will continue to strengthen our Army, Shuman added.

## PRMC: Horoho praises Doyle

CONTINUED FROM A-1

portant regions,” explained Doyle. “An area covering more than half of the world’s surface, and serving more than 464,000 Soldiers, civilians, veterans and families across 37 facilities.”

Horoho highlighted several of Doyle’s achievements, to include leading Hawaii medical treatment facilities in standing up the eMSM and enacting an open enrollment policy for more than 156,000 beneficiaries.



**Lt. Gen. Patricia Horoho, U.S. Army surgeon general and commander, MEDCOM, was the reviewing officer and guest speaker at the PRMC change of command, Nov. 7.**

Under Doyle’s command, TAMC Warrior Transition Battalion also received a 99 percent Soldier satisfaction rate, a success that Horoho believes is a testament to his focus on supporting Army forces.

Doyle has been selected to serve as the deputy chief of staff, G-3/5/7, MEDCOM.

“It was my distinct privilege and highest honor to serve alongside this tremendous health care team. I could not have picked a better team in Army Medicine than the Pacific region ohana to end my command tenure,” Doyle added.

## AFAP: Plan began 1983

CONTINUED FROM A-1

quality of life, and it helps to have these issues worked on by a committee of peers.

“What I’ve seen is that the issues brought up by one person may be important to that one person, but it turns out that it is usually important to a whole mess of people,” she added.

AFAP began in 1983 as a grassroots effort by a group of Army spouses who wanted to improve the quality of life of their families and has since grown to become the driving force behind hundreds of legislative, regulatory and policy changes within individual Army installations and on the national level.

# Cacti Soldiers hone skills during 4-day FTX

Story and photo by  
**SGT. BRIAN C. ERICKSON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, conducted a multiple-day field training exercise (FTX), here, and later moved on to Schofield’s East Range, Nov. 8-11.

The two main scenarios, defending a location from an enemy attack and then moving on to disrupt a known enemy location, were designed to give the Cacti Soldiers an

“**L**earning of the areas of the compound that needed stronger security helped us better defend off the enemy.”

—Pfc. Tyrell Foreman  
*Infantryman, Company A*



**Spc. Angel Camacho, infantryman, Co. A, 2-35th Inf. Regt., 3rd BCT, 25th ID, pulls security as his platoon defends a village from known opposing forces during a four-day field training exercise on Schofield Barracks, Monday.**

opportunity to hone their skills in offensive and defensive operations, along with tactical site exploitation, explained 2nd Lt. Aletta Sellers, assistant intelligence officer.

The first step was to enter a village known to have useful intelligence information located somewhere in the vicinity. After the Soldiers were able to investigate and secure the information, the platoon set up a stronghold and protected the immediate area, focusing on the vulnerabilities of the village from attacks by opposing forces.

“Learning of the areas of the compound that needed stronger security helped us better defend off the enemy, said Pfc. Tyrell Foreman, infantryman, Company A.

After the platoon successfully defended its stronghold, it received orders to move on to the next phase over at East Range.

Over on East Range, the Soldiers would move on to the offensive side of operations by locating and disrupting the enemy locations.

“It’s good for the Soldiers because they get to see the counterinsurgency part and the defense portion of the scenario,” said Command Sgt. Maj. Ronald L. Bly, senior enlisted adviser, 2-35th Inf. Regt.

As the platoons were learning to defend a village and overtake enemy hot zones, Delta Company was the sole company providing screening operations. By screening the terrain, it looked for likely avenues the enemy could approach and attack, then they clogged those, so they could hit the enemy and direct them where they wanted them.

“Their goal is to bring the enemy into the main engagement area for the platoon,” said Bly.

At the end of the four days, the focus was to allow the platoon leaders and platoon sergeants to have a better understanding of urban defensive measures, according to Bly.



# MCO addresses car claims

**CAPT. JAMES A. GARDNER**  
Area Claims Office  
25th Infantry Division

SCHOFIELD BARRACKS — Was your vehicle shipped late, lost or damaged? If so, the Military Claim Office (MCO) can help.

International Auto Logistics (IAL) and its subcontractor, Horizon Lines, Inc., handle vehicle shipments for service members.

**Inconvenience Claims (Lodging and Rental Car)**

If your vehicle has passed the designated delivery date, you’re entitled to be reimbursed for a rental car and lodging expenses.

- For lodging, IAL is responsible for all lodging expenses, including per diem incurred starting one day after your missed delivery date.
- For rental cars, the government

the Vehicle Processing Center (VPC) or by emailing CLAIMS@ialpov.us.

**Vehicle Loss/Damage Claims**

When you pick up your vehicle, inspect the interior, exterior and vehicle systems closely, and document any damage on the IAL vehicle inspection form. Ensure all damages or losses to the vehicle are listed prior to leaving the VPC.

If your vehicle was damaged by IAL during shipment, you have three options in filing a claim:

- File your claim onsite** directly through IAL on the day you pick up your vehicle from the VPC. If you accept the onsite settlement offer by IAL, payment can be made directly into your bank account.

The onsite settlement is final for the damages claimed at that time; however, you may still file a claim for additional damages discovered and reported to IAL within a reasonable period of time after pick up.

Ultimately, if you accept payment from IAL for damage, you cannot be paid any additional amount for that damage from the MCO. But, if you deny the settlement offered by IAL, you can still file a claim through the MCO.

- File your claim with IAL** by mail or online at CLAIMS@ialpov.us and accept the settlement offer. You can either obtain your own estimates for damages from one of IAL’s local repair facilities or a facility of your choice.

If you accept payment from IAL for damages, you cannot be paid any additional amount for that damage from the MCO. However, if you deny the settlement offered by IAL you can still file a claim through the MCO.

- File your claim through the MCO.** Bring all applicable documents, (IAL shipping documents, vehicle inspection form, military orders authorizing shipment, estimate of repairs) to the MCO to process your claim. Unless your vehicle is a total loss, you will be required to obtain an estimate of repairs; however, the government will reimburse you for this estimate.



Photo courtesy of Michael Baird

**Is this your 1966 Pontiac Bonneville? If your vehicle was damaged or “lost at sea” during shipment, the garrison Area Claims Office can help.**

Soldiers have heard the horror stories:

“My vehicle was lost at sea.”

“My vehicle arrived with new mossy interior.”

“My vehicle arrived two months late, and I spent \$3,000 on a rental car.”

“They don’t know where it is!”

After the emotional roller coaster, you ask yourself “now what?”

MCO will help you find your car if it is lost, process your claim for a new car without mossy interior, and help you get reimbursed for the cost of a rental car and other related expenses.

is responsible for the first seven days after the delivery date. Unfortunately, you are only entitled to \$30 a day or a maximum of \$210 a week for a rental car, per the Joint Federal Travel Regulations, under 10 USC 2634 (g). (This amount can be claimed on your travel voucher or through the finance office).

After the seventh day, IAL will pay for your rental car until your vehicle is delivered. Additionally, IAL will reimburse you for loss/damage and liability insurance coverage, and other associate costs.

Claims for lodging and rental cars after the seventh day must be submitted, with receipts, through IAL at

## Military Claims Office

The 25th Infantry Division Area Claims Office, located in Bldg. 2037, on Aleshire Boulevard, at the intersection of Alshire and Humphreys Road, Schofield Barracks, is open weekdays (excluding federal and training holidays.)

For assistance filing a claim with IAL, call 655-9279.

A claims brief is held, 2 p.m., Tuesdays and Thursdays.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

## Today

**Benefits Season** — The Federal medical benefits open season began Monday and continues until Dec. 8. Visit [www.opm.gov/healthcare-insurance/open-season](http://www.opm.gov/healthcare-insurance/open-season).

**Mail-Order Pharmacy** — For the fifth consecutive year, the Department of Veterans Affairs’ Consolidated Mail Outpatient Pharmacy has scored the highest in overall satisfaction in the J.D. Power National Pharmacy Study, Mail-Order segment.

Veterans who wish to learn about VA pharmacy and other health benefits can find information at [www.va.gov/healthbenefits/](http://www.va.gov/healthbenefits/).

**8th TSC Soldier in TV Special** — Visit [www.youtube.com/watch?v=2mMhqlxzK8&feature=youtu.be](http://www.youtube.com/watch?v=2mMhqlxzK8&feature=youtu.be) to see a trailer for a special that aired Vet-

erans Day, featuring an Oahu-posted 8th Theater Sustainment Command wounded warrior.

**Last Call for CFC** — Today ends the 2014 Combined Federal Campaign. All pledge cards must be returned to your unit CFC representative before close of business. Complete your pledge card and return it to your unit CFC representative or visit [www.cfc-hawaii.org](http://www.cfc-hawaii.org). Online contributions are easy and a Hawaii-specific charity list is available.

**Directory Update** — Today is the suspense to update your unit’s information for the 2015 Hawaii telephone directory. Notify the 30th NEC even if no changes are required. Call 656-8072/0492.

**Adopt a Soldier** — Invite a warrior to share your Thanksgiving meal. Call 655-9105.

**Cyber Intrusion** — The Thrift Savings Plan advises savers that the recent cyber intrusion experienced by the U.S. Postal Service doesn’t affect TSP accounts. Postal employees can call USPS Human Resources at 1-877-477-3273 and choose option 5 (option 1 for TDD/TTY).

As a reminder, you can always visit the TSP Security Center for information regarding online security.



Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources. Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm) for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

## 15 / Saturday

**Schofield Power Outages** — The juice won’t flow during the installation of traffic signals at the intersection of Mellichamp and Lyman roads, 7 a.m.-3 p.m., at all of Qualification Range 2 and in the following build-

ings: 1613, 1645, 1611, 1610, 1622, 1608, 1607, 1606, 1605, 1602, 1609, 1670, 1671, 1672, 1673, 1674.

Separately, power will also be off, 7 a.m.-noon, for 2450 and 2451.

## 20 / Thursday

**Electrical Outage** — A planned power outage, 7:30 a.m.-2:30 p.m., occurs at Quad B, buildings 158, 157, 156, 155, Area A housing, Kona Road, Dickman Road, Generals Loop, and Millet, Sudut, Charlton, and Jecelin streets. Note, this list may not be specific and all inclusive.

## 22 / Saturday

**Modified Traffic Flow** — Both outbound lanes on Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street. Call 656-5369.



# PAU HANA

“When work is finished.”

## Best in Show



Photos courtesy of the Directorate of Family and Morale, Welfare and Recreation

Service members who board their pets at the MWR Kennels say they are impressed by the facility’s cleanliness and by the amount of space afforded to the animals.

## MWR Kennels is a second home for military pets

KAREN A. IWAMOTO  
Staff Writer

AIEA — When Cathy Barker’s husband, an Army Soldier, was away on deployment last year, she wanted to take their two young sons on a trip to visit family on the mainland.

“My kids wanted to be with family, especially because my husband was gone,” Barker said.

But there was a catch.

The Barkers also had two yellow Labrador Retrievers, 14-year-old Kona and 6-year-old Amana. Traveling from Hawaii to the continental United States with two large dogs wasn’t a practical option, but Barker didn’t want to leave her pets with just anyone. Kona, in particular, needed special care and attention.

“She was an older dog and she had health issues. She had a hard time moving and getting around,” Barker said. “She was on medication (for arthritis).”

Fortunately, Barker was able to turn to the MWR Kennels, located next to the Hawaii State Animal Quarantine building in Aiea.

The MWR Kennels are operated by the Army Directorate of Family and Morale, Welfare and Recreation and is open to all service members on the island, including retirees and Department of Defense civilians.

Deploying personnel, personnel in guest or transient housing, temporary duty military personnel, regular or military leave personnel, civilian personnel and all other branches of service personnel may board their dogs and cats.

“I was comfortable leaving (my older dog) there,” Barker said. “I knew the staff would notice if something changed with her. I don’t know

how to explain it, except to say that the dogs aren’t just dogs to them. They’re companions. The staff, they play with the dogs, they interact with the dogs, they’re not just doing a job.

Kona has since passed away, but Barker said she is grateful to have had a trustworthy place to board her while she was alive. Amana still goes to the MWR Kennels when the Barkers vacation off-island.

Were it not for the MWR Kennels, Barker said her family would have experienced a lot more stress trying to figure out where to leave their pets.

“It’s too much to ask another family to watch our dogs, especially during the holidays,” she added. “It might have come down to us not being able to afford to take the trip.”

Edwin Gonzalez, MWR Kennels manager, said the welfare of the animals and customer service are his staff’s top priorities. He said he has driven to the kennels on his day off to check in a dog or cat when the owner got the drop-off day mixed up because he understands that when a family is new to Hawaii or in transition, changing plans may need to be accommodated.

Over time, he said he has also gotten to know his clients and their pets, many of whom are repeat visitors.

Charles Robinson, a Navy retiree, said he leaves his Shar Pei/Labrador Retriever mix, Keno, at the MWR

### MWR Kennels Fees

The MWR Kennels accepts cash, check, Visa and MasterCard payments. The fees for boarding dogs and cats are as follows:

- There is a \$2 per day pet food fee.

Note, if you are providing your pet’s food, it must be in a hard, ant-proof container with a good rubber seal. No Ziplocs, plastic bags, dog food bags (with or without Ziploc) and no Tupperware. Containers must have an airtight seal. An approved container for your pet’s food can be provided for a \$2 per day fee.

- Large kennels**, 16-feet by 5-feet (for

dogs 16 pounds and up) are \$18 per night. For an additional pet, it’s \$14 per night.

- Small kennels**, 4-feet by 10-feet (for cats and dogs under 15 pounds) are \$14 per night. For an additional pet, it’s \$9 per night.

- Grooming**, which includes baths and brushing, will be provided per request of the customer.

- Baths**. If you provide the shampoo, fee is \$5 for small kennel dogs and \$10 for large kennel dogs. If kennel provides the shampoo, it’s \$10 for small kennel dogs and \$15 for large kennel dogs.

- Brushing**. Fee is \$3 per brushing.

Kennels every other month, for several weeks, while he vacations on the mainland, and has been doing so for almost five years.

“I heard about (MWR Kennels) from a friend of ours,” he said. “We went out and looked at the place. It was well kept and big. There was more space for the dogs than at other kennels.”

Hanna Jurinka, whose late husband was a Navy retiree, was also impressed by the cleanliness of the kennels, but it was ultimately the quality of the staff that kept her coming back.

“I feel that she’s in good hands when she’s there,” Jurinka said of her Jack Russell terrier/Chihuahua mix, Allie. “The staff there is fabulous, and they genuinely care about the animals.”

### MWR Kennels are Moving

The new location is a larger adjacent lot next to the current location and will feature several “condo” kennels with separate compartments to accommodate up to four dogs from the same family.

MWR Kennels personnel expect the move to be completed before the Thanksgiving weekend. Call 368-3456 or visit [www.himwr.com/recreationandleisure/fmwrpetkennels](http://www.himwr.com/recreationandleisure/fmwrpetkennels).



Photo by Karen A. Iwamoto

A wading pool is turned into an oasis for dogs who enjoy playing in the water. (Photo has been altered from its original form; background elements have been removed.)

MWR Kennels is roomy, and dogs are let out every day for exercise and to play, if the dogs are sociable. MWR Kennels staff are on hand to supervise whenever the dogs are out of their kennels.





Briefs

Today

**EDGE Home School Art Program** — CYS registered youth and teens, grades 1-12, bring your creative side to the SB Arts & Crafts Center. Build your own ukulele and learn to sand, varnish and decorate your own design during the three-day workshop beginning Nov. 14 & 21 for \$35. Call 655-9818.

**FS Right Arm Night** — Kick back at Hale Ikena at 5 p.m. with your “right arm.” Enjoy drink specials and a pupu buffet. Spouses and DOD civilians are welcome to this adult event.

Play Texas Hold'em for prizes; bring your right arm out to compete for the \$100 unit pride prize. Call 438-1974.

**Holiday Craft Sale** — SB Arts & Crafts will hold its annual winter craft sale, Nov. 14-15, with all-day sale special pricing on pottery, quilts, stained glass, ceramics and more. Call 655-4202.

15 / Saturday

**Open Mic Night** — SB Tropics hosts the opportunity to show your talent beginning at 9 p.m. Recite poetry, tell a joke, perform your best dance routine, play your favorite instrument, sing-a-tune or display an art piece.

Cash gift card prizes will be awarded of \$50 (1st), \$25 (2nd) and \$15 (3rd).

Free admission and popcorn. Call 655-5698.

16 / Sunday

**NFL Sunday Ticket** — Don't let living off the West Coast interfere with those East Coast football games. Come to SB Tropics Recreation Center on Sundays and catch all the games.

Facility opens half hour before the first game starts. Tropics will also be open for Thursday Night Football and Monday Night Football. Patrons 18 and older welcome. Call 655-5698.

**NFL Sunday Ticket Family Brunch** — Bring the family out and watch all of your favorite teams play at SB Kolekole Bar & Grill every Sunday through Super Bowl Sunday to watch the games.

Doors open 1/2 hour before kickoff of first game. Fun games and prizes all morning long. Brunch will be served for \$16.95/adult and \$7.95/children. Call 655-4466.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**Operation Christmas Child** — The chapel wants shoeboxes packed with gifts and necessities for needy children around the world. Coordinated by the Protestant Women of the Chapel, the collection point for this gift shoebox is the Schofield Main Post Chapel. Call your unit chaplain for details. Collection deadline is Nov. 16. Call 656-1276.

**Wounded Warrior Golf Tournament** — Across the nation, proceeds from golf tournaments will benefit the Military Golf Program, which provides golf lessons, equipment and outings to wounded Soldiers and Marines. The Wounded Warrior Golf Tournament in Hawaii takes place 12:30 p.m. at Hoakalei Golf Club in Ewa.

‘80s ON THE LAWN’



Image courtesy of 25th Infantry Division Band

**SCHOFIELD BARRACKS** — Soldiers, families and civilian employees are invited to **80s on the Lawn**, from 4-6:30 p.m., Nov. 15, at **Generals Loop**, here. **Dress in your best 80s attire, bring blankets and chairs, and beverages of your choice. Music will be provided by the 25th Infantry Division Band.**

18 / Tuesday

**Movember Moustache Make and Take** — Stop by SB Sgt. Yano Library and participate in Movember by making a moustache craft from 11 a.m.-7:30 p.m. All ages are welcome. Movember promotes men's health awareness during the month of November. Call 655-8002.

19 / Wednesday

**Get Ready for Thanksgiving** — Learn how to weave placemats, 3-3:45 p.m., to use as your place setting at FS Library. Make a festive decoration at this free event for your family get together. All supplies will be provided. Call 438-9521.

**BOSS** — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

•South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

**Climbing** — Come learn the basic technique and skills to be safe. Overcome any route and improve overall climbing abilities with SB Outdoor Recreation.

**King Kalakaua Birthday** — The Waikiki celebration will feature music, hula and speeches, 10 a.m.-12 noon, at King Kalakaua Park, 2100 Kalakaua Ave. Call 768-6622.

**Dance Performance** — Join the 311th Signal Command (Theater) for a live dance performance and more at the Native American Heritage Observance, 1-2 p.m., at SB Sgt. Smith Theater. Call Sgt. 1st Class Lilly at 497-4530.

15 / Saturday

**Kuhio Beach Hula Show** — Opens with the traditional blowing of the conch shell at 6 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, beachside at Uluniu and Kalakaua Avenue in Waikiki.

Enjoy the free show with seating on the grass; beach chairs, mats, okay. Cameras are welcome.

17 / Monday

**College Education Fair** — SB Army Education Center and Central Michigan University host an opportunity to learn about education programs, here, and online, 10 a.m.-2 p.m., Lobby Area, Yano Hall, Bldg. 560, 2nd Floor.

Open to all military personnel and their family members. Features rep-

resentatives from 14 on-post and visiting colleges. Call 624-3939.

21 / Friday

**SB Right Arm Night** —Bring your “right arm” and share drink specials and a pupu buffet at the Nehe-lani. Event starts at 5 p.m. Spouses and DOD civilians are welcome. Call 655-4466.

Ongoing

**Pau Hana Social Hour** — After work, come and enjoy a fun time with friends at SB Kolekole Bar & Grill. Enjoy discounted appetizers and domestic draft beer. Days are Mondays, Tuesdays and Wednesdays, 4:30-6:30 p.m., and Thursdays and Fridays, 4-6 p.m. Call 655-4466.

**Sand Volleyball** — Join this popular weekly competition at the SB Tropics Recreation Center every Monday. Game starts at 6 p.m. Call 655-5698.

**Workweek Lunch** — Enjoy lunch from 11 a.m.-1 p.m. for only \$10.95, per person, at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help yourself to the delectable, multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

representatives from 14 on-post and visiting colleges. Call 624-3939.

22 / Saturday

**Ukulele Exhibition** — Free admission to displays, performances and seminars on ukulele building and playing, 9 a.m.-4 p.m., Waikiki Outrigger Beach Resort. Call 778-8481 or visit www.ukuleleguild.org.

24 / Monday

**Volunteers Sought** — The Navy and National Park Service are looking for active duty military personnel from all services to volunteer in various events, Nov. 24-Dec. 7, commemorating the 73rd anniversary of the attack on Pearl Harbor.

Volunteering provides an opportunity for active duty members to personally contribute to Pearl Harbor Day commemorations, preserving the memory and honoring those who made the ultimate sacrifice 73 years ago.

To volunteer, contact Lt. Cmdr. Alex Torres or Ensign Jewel Fautanu at 471-3521.

27 / Thursday

**Adopt a Soldier** — Host a single Soldier for Thanksgiving Dinner, Nov. 27. Scheduling coordinated through the Army Suicide Awareness

Review menus at [www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet](http://www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet) and [www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu](http://www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu).

**CYS Services** — The USAG-HI School Liaison Office has opened an office at AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m., in Bldg. 1782, next to the SKIES studio.

**Ballroom** — Want to learn the dances from “Dancing with the Stars”? Come check out a SKIES Unlimited Ballroom Class. At 5 p.m. is Social Ballroom and 6 p.m. is Performance Ballroom.

Open to children 10-18 years old. Costs \$35 per month, per child. Call SKIES at 655-9818.

**Family Readiness Group** — SB ACS is offering three free FRG classes.

•FRG 101 (9-10 a.m.) is designed for those new to the Army and interested in learning more about the purpose of FRGs.

•FRG Leader (10 a.m.-12 p.m.) covers the roles and responsibilities of all involved, maintaining rosters, selecting effective volunteers, choosing meeting topics and more.

•FRG Social Media/OPSEC (1-2:30 p.m.) explains the Army's social media policy and how the policy and operational security applies to Facebook, virtual FRG and other forms of FRG communication. Call SB ACS at 655-4227.

and Prevention Program. Call 655-9105.

29 / Saturday

**Snow Day** — Grab your mittens and enjoy the first snow of the holiday season, 10 a.m.-12 noon, Kapolei Commons, 4450 Kapolei Parkway, Kapolei.

Free event features 20 tons of snow in the parking area across from Down to Earth. Keiki-friendly event features activities, craft booths and displays.

December

4 / Thursday

**Vet Ready Career Fair** — Argosy University will host this downtown Honolulu event, 11 a.m.-2 p.m., at 1001 Bishop St., Suite 400. Jobs ranging from engineering and IT to retail and health care will be available. Visit [www.vetready.org](http://www.vetready.org) or call 1-800-235-2732, ext. 800 for details or to register.

Ongoing

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist families. It's open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers' Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship

•Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF

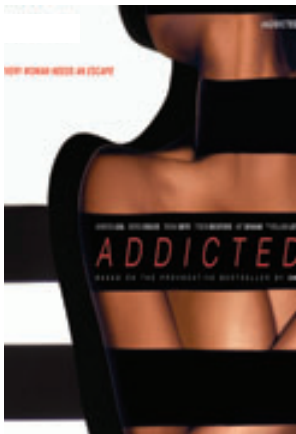


Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



Alexander and the Terrible, Horrible, No Good, Very Bad Day

(PG)  
Fri., Nov. 14, 7 p.m.  
Sat., Nov. 15, 2 p.m.  
Sun., Nov. 16, 2 p.m.



Addicted (R)

Sat., Nov. 15, 8 p.m.  
Thurs., Nov. 20, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# Disaster assistance for lava-flow victims considered

**GWEN GALLOWAY**  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Federal civilian employees living on the Big Island of Hawaii and impacted by the current lava flow may be eligible for emergency financial assistance. The Federal Employee Education and Assistance Fund (FEEA) provides emergency financial assistance for civilian federal employees through Natural Disaster Grants and loans. Just as Army Emergency Relief was established by Soldiers for Soldiers, FEEA was established by federal civilians for federal civilians. With lava flowing on the Big Island, FEEA representatives stand ready to assist with Natural Disaster Grants, according to Army Community Service senior officials. Federal employees experiencing major losses or needing to relocate due to a declared natural disaster may apply for a grant and may lat-



Photo by U.S. Geological Society

A small shed is consumed by lava in the pasture between Pahoa cemetery and Apa’a Street.

er apply for a loan, if needed.

How much is awarded is set on a case-by-case or per disaster basis.

**About AER**  
Army Emergency Relief is funded by the generous donations of active duty Soldiers, re-

tires and civilians who have donated either online at the AER website ([www.aerhq.org](http://www.aerhq.org)) or at the unit level during the annual fundraising campaign held each year from March 1-May 15. During the 2014 annual fundraising campaign at Schofield Barracks, the community collected over \$270,000 in donations. To date, U.S. Army Garrison-Hawaii has assisted almost 1,200 Soldiers with over \$1.7 million in assistance, to include emergency travel, which remains one of the most requested categories. *(Note: Galloway is the AER officer at Army Community Service, Directorate of Family and Morale, Welfare and Recreation, USAG-HI.)*

**Lava Disaster Contacts**  
Applications and more information on what FEEA has to offer may be found by calling (303) 933-7580) or visiting [www.feea.org/programs/emergency-assistance/natural-disaster-grants](http://www.feea.org/programs/emergency-assistance/natural-disaster-grants).

## Volunteer groups raise funds while helping

Exchange offers fundraising way to wrap up the holidays

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

SCHOFIELD BARRACKS — Community groups can raise funds for their worthy causes while spreading some holiday cheer.



File photo

Holiday gift wrapping can also serve as a fundraising opportunity through the Exchange.

The Schofield and Hickam Exchanges are actively soliciting partners for the Army & Air Force Exchange Service’s annual community gift wrap program. “In order to make the holidays a little easier, we partner with local military groups to ensure gifts purchased at the Exchange can be wrapped up before they even leave the store,” said Patrick Riordan, area manager. “This initiative offers a one-stop solution for busy military shoppers.” During peak holiday seasons, the Exchange

**Points of Contact**  
Dates and hours for gift wrapping services may vary, but interested organizations can contact the Schofield Exchange at 622-1773 or the Hickam Exchange at 422-5395.


sets up tables and provides wrapping paper and ribbon that community volunteer groups can use to wrap gifts for donations.

### Exchange coupon savings offer ends this weekend

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS – As the holidays approach, service members, retirees and their families can find extra savings at the Army & Air Force Exchange Service by shopping from Nov. 15-16. When shoppers make a purchase during these two days, they will receive a coupon,

while quantities last, to save up to \$50 from Nov. 19-23. “Whether military shoppers are just beginning their holiday gift buying or picking up the last items on their lists, this coupon provides a great opportunity to save,” said Air Force Chief Master Sgt. Sean Applegate, the Exchange’s senior enlisted advisor. This coupon is valid in-store or online at [shopmyexchange.com](http://shopmyexchange.com). See coupon for minimum purchase requirements.



The Religious Support Office will hold the following services during this holiday season.

**Protestant**  
•*Nov. 25, 6:10 p.m.*, Joint Thanksgiving Worship Service at Aliamanu Military Reservation Chapel (AMR)

**Catholic**  
•*Nov. 22/23, 10 a.m.*, Hanging of the Greens, AMR  
•*Nov. 22/23, 6 p.m.*, Hanging of the Greens, Wheeler Army Airfield Chapel  
•*Nov. 22/23, 3 p.m.*, Hanging of the Greens, Main Post Chapel, Schofield Barracks  
•*Nov. 29/30*, First Sunday of Advent.



# Commissary prepares to talk turkey with specials

**SALLIE CAUTHERS**  
Defense Commissary Agency

FORT LEE, Virginia — Military families facing the annual ritual of planning their holiday menus need look no farther than their commissary for quality and savings.

“Your commissary has the most affordable, high-quality, name-brand ingredients for the perfect holiday meal,” said Tracie Russ, the Defense Commissary Agency’s sales director. “This year, we’re not only offering our annual ‘free frozen turkey’ promotion with high-value coupon booklets, but also a fresh turkey special with great pricing.”

Throughout November, commissary industry partners (vendors, suppliers and brokers) are collaborating with stores to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

Commissary patrons can also check the DeCA website at [www.commissaries.com](http://www.commissaries.com), select the “Shopping” link and click on “Sales & Events” tab for the latest in promotional information.



File photo

**Commissary customers can greatly reduce their Thanksgiving dinner costs by taking advantage of holiday promotions.**

Customers are asked to check their local commissary for details on dates and times for the following promotions:

- “Get Your Turkey Free -When You Buy All the Fixin’s!”** This worldwide promotion revolves around a 16-page recipe booklet with coupons valued at more than \$41. The coupons provide extra savings on holiday meal essentials applied toward free turkeys. Look for these recipe booklets in your local commissary beginning Nov.1, with

coupons good through Dec. 21.

- The Comforts from Home Project** will be launched by Marie Callender’s from November through January worldwide. When commissary customers enter a code online from specially marked packages of Marie Callender’s meals or desserts, Marie Callender’s will make a donation of 50 cents per unit to the USO for a maximum contribution of \$250,000.

In a nationally televised event, “A Hero’s Welcome,” the Comforts from Home Project will also welcome home a Soldier from overseas to a completely renovated house. This show, hosted by actor Gary Sinise, aired Veterans Day across a range of TV networks: HGTV, Food Network, Cooking Channel, Travel Channel and Great American Country.

- Celebrate the Holidays.** General Mills is offering high-value, in-store coupons on various cooking and baking items, in addition to online Commissary Rewards Card discounts.
- “Believe in Heroes!”** Acosta and its participating brand products pre-



sent this promotion in commissaries worldwide, offering 300,000 flyers with high-value coupons. During the sale, most participating brands will provide donations to the Wounded Warrior Project foundation.

“Whether the menu is a traditional roast turkey and potatoes, or a vegetarian meal with organic fruits and vegetables, you can find everything you need at your commissary to prepare a memorable holiday smorgasbord,” Russ said. “And, it’s available at significant savings to ensure that your shopping venture ‘is worth the trip.’”

*(Note: Cauthers is a DeCA marketing and mass media specialist.)*

## Overconsumption looms as the gobble gauntlet approaches

I’ll admit it. It was a calculated move.

Two weeks ago, I bought all the kids’ favorite candies, but, then I threw a bag of Almond Joys into the cart, knowing full well that the trick or treaters would leave them in the bowl, for me to enjoy.

Later, in front of the television, with my feet up, peeling back the little blue wrappers, saving the bite with the almond for last, night after night, I ate them until they were all gone.

Now, as I nibble the milk chocolate perimeter of the last coconut treat, I realize that I’ve been tricked. Again.

This happens every year, as sure as the change in seasons, the shifting tides and dryer lint. Mindlessly, we drift into these cyclical food-related events of life, and before we know it, there’s no escape.

It all starts with the irresistible perils of fall, when we are inundated with warm donuts and fresh apple cider, spicy football wings and cold beer, and pumpkin spiced this-that-and-the-other. We feel compelled to indulge ourselves; after all, the season wouldn’t seem right without these traditional delicacies.

But then, Halloween kicks it up a notch. Bam!

When my kids were young, they would race home from trick or treating and inventory their booty. After a few heated rounds of bartering, they would discard the “rejects” — any candy with weird nuts or unknown filling that they found objectionable. Ironically, these were the treats I loved the most.

Now that my teenagers are too old for trick or treating, I’m still duped by the colorful Halloween displays. As if my body had been invaded by a sugar-seeking alien, I find myself buying the candy I want to eat while I tell everyone that it’s for the kids; bless their little hearts.

When I’ve finished consuming all the leftover Halloween candy and reach my maximum level of personal disgust, I make a futile effort to “get healthy.” For a few days, maybe a week, if I’m lucky, I cleanse myself of excess calories, believing naively that, this year, I will make it through the holiday season without gaining another 10 pounds.

Yeah, right.

Before I know it, my pantry is stuffed to the gills with brown sugar, chocolate chips, pecans, corn syrup, canned pumpkin, chicken broth, cornbread mix and those french-fried onion thingies that go on top of the green bean casserole.

My refrigerator groans under the weight of sticks of butter, sweet potatoes, green beans, cranberries, onions, a 20-something pound turkey (go big or go home) and a jar of those miniature sweet pickles for the relish tray.

Resistance is futile.

On Thanksgiving Day, I



cook for more than 20, and serve less than 10. For days after, we eat turkey noodle soup, turkey divan, hot turkey sandwiches, cold turkey sandwiches, turkey tetrazzini, turkey enchiladas and turkey potpie.

When the turkey is gone, I officially surrender and start wearing my fat jeans in anticipation of the holiday food frenzy to come. Helpless to avoid it, overeating becomes my job. Every day I get up, punch the clock and belly up to the mandatory feast of the season.

Overconsumption reaches its pinnacle around Christmas, when, in our weakened state, we succumb to the cheese balls, spiral hams, eggnog, candy canes, hot cocoa, mixed nuts, red and green M&Ms and the cookies. Oh, the cookies.

As my chins double, my inner dialogue at-



File photo

**Holiday cookies are just one temptation that challenges the author’s will power.**



File photo

**When the turkey is gone the author officially surrenders to the holiday season when she begins to wear her “fat jeans.”**

tempts to justify the gluttony.

“My belly button disappeared.”

“That’s what bulky sweaters are for.”

“There’s a roll on my back.”

“Now it matches your front.”

And inevitably, when I finally emerge from the gauntlet, bloated and dizzy, I admit to myself, “I’ve gained 10 pounds.”

Consider yourself lucky. Now you have a New Year’s Resolution.

*(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*



# Prediabetes risks given

AMY COWELL  
Army News Service

November is the American Diabetes Association’s American Diabetes Month with programs designed to focus the nation’s attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Right now nearly 30 million children and adults in the U.S. are living with diabetes, and another 86 million are prediabetic having a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.

These individuals are at risk for developing Type 2 diabetes. That means that nearly 1 in 3 Americans have prediabetes; yet, the vast majority of people with prediabetes do not even know they have it.

This fact is particularly troubling because without lifestyle changes to improve their health, 15 to 30 percent of people with prediabetes will develop Type 2 diabetes within five years.

Women who have had diabetes while pregnant and people of African-American, Hispanic/Latino, American-Indian, Asian-American or Pacific-Islander backgrounds are at increased risk.

It is important to find out early if you have prediabetes, because early treatment can prevent serious problems that diabetes can cause, such as loss of eyesight or kidney damage.

Several risk factors increase a person’s risk for prediabetes.

### Risk Test

Take the U.S. Centers for Disease Control and Prevention’s test below to see if you are at risk.

Answer these seven simple questions:

- 1) Are you a woman who has had a baby weighing more than 9 pounds at birth? (Yes: 1 point; No: 0 points)
- 2) Do you have a sister or brother with diabetes? (Yes: 1 point; No: 0 points)  
Do you have a parent with diabetes? (Yes: 1 point; No: 0 points)
- 3) Are you younger than 65 years of age and get little or no exercise in a typical

- day? (Yes: 5 points; No: 0 points)
- 4) Are you between 45 and 64 years of age? (Yes: 5 points; No: 0 points)
  - 5) Are you 65 years of age or older? (Yes: 9 points; No: 0 points)
  - 6) Do you weigh as much as or more than the weight listed for your height? (See chart. Yes: 5 points; No: 0 points)  
Height Weight: 4’10” 129; 4’11” 133; 5’0” 138; 5’1” 143; 5’2” 147; 5’3” 152; 5’4” 157; 5’5” 162; 5’6” 167; 5’7” 172; 5’8” 177; 5’9” 182; 5’10” 188; 5’11” 193; 6’0” 199; 6’1” 204; 6’2” 210; 6’3” 216; and 6’4” 221.

For each “yes” answer, add the number of points listed. All “no” answers are 0 points.



James Gathany, Centers for Disease Control

**This plate presents a healthy, low-fat and balanced meal consisting of a broiled chicken breast, half a sweet potato, three slices of bright red tomato, and some steamed broccoli florets, and measured 293 calories in its entirety.**

If your score is 3 to 8 points, this means your risk is probably low for having pre-diabetes now. Keep your risk low. If you are overweight, lose weight. Be active most days, and don’t use tobacco. Eat low-fat meals with fruits, vegetables and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for Type 2 diabetes.

If your score is 9 or more points, this means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

### Make a change for life

The good news is that those who are prediabetic can avoid becoming diabetic and even reverse their prediabetic status through lifestyle changes.

Research shows that modest weight loss and regular physical activity can help prevent or delay Type 2 diabetes by up to 58 percent in people with pre-diabetes.

Modest weight loss means 5 to 7 percent of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important for prevention.

*(Note: Cowell is a program evaluator at U.S. Army Public Health Command.)*

# Great American Smokeout promotes a chance to quit

TRICARE  
News Release

The Great American Smokeout is an opportunity for smokers to ban together and quit smoking for 24 hours.

This year on Thursday, Nov. 20, military service members who smoke are asked to quit smoking and protect family, friends, children and pets from the harmful effects of secondhand smoke.

They are asked to commit to quit and give quitting a chance.

### Risk assessment

Most service members know the health risks of smoking, but smoking not only affects the smoker’s health, it also poses significant risks to others.

Secondhand smoke contains over 250 chemicals that are harmful to anyone exposed, leading to serious health risks.

Secondhand smoke is especially harmful to young children, who are still developing, growing and learning.

Each year, secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory infections in infants and children under 18 months of age.

Pregnant women who are exposed to secondhand smoke are more likely to have low-birth weight babies, and their children are at increased risk for sudden infant death syndrome (SIDS).

“You may be thinking to yourself, but what if I don’t smoke in my house, are my children still at risk?” said Paul Fitzpatrick, program director for Quit Tobacco – UCanQuit2.org. “The answer is yes. Even brief contact with secondhand smoke is hazardous and can even be passed from toxins on clothing. There is no risk-free level of exposure to secondhand smoke.”

### More Online

In preparation before going smoke-free, get quit resources, tobacco cessation information and live support from [www.UCanQuit2.org](http://www.UCanQuit2.org).

Watch the tobacco cessation video at [www.youtube.com/watch?list=PLxyTToD6yJ7FGlBi2vCf2fMrhDtoKXyFt&v=\\_ar9PT9XS3U#t=17](http://www.youtube.com/watch?list=PLxyTToD6yJ7FGlBi2vCf2fMrhDtoKXyFt&v=_ar9PT9XS3U#t=17).



File photo

**Growing evidence indicates young children are impacted by secondhand smoke effects.**

It’s not just the humans in a household that are affected by secondhand smoke. Pets have an increased risk of developing lung and nasal cancer. Both cats and dogs are more susceptible to allergy and respiratory problems in smoking households.

The easiest way to reduce the harm of secondhand smoke to loved ones is to quit tobacco. Commit to quit and give quitting a chance.

Join the movement this Great American Smokeout and quit smoking for 24 hours.

### Webinar

TRICARE and Military OneSource are co-hosting a webinar to educate TRICARE beneficiaries about the resources available to them to quit using tobacco products. The webinar is 7-8 a.m. (HST), or noon-1 p.m., (EST), Thursday, Nov. 20.

Registration is first-come, first-served and limited due to system capacity. Participants must avoid sharing personal health information when asking a question. To sign up, go to <https://www2.gotomeeting.com/register/296946266>.



# Learning health and prevention tips can reduce flu

**LAUREN A. SHIREY**  
Army News Service

The leaves are starting to change colors and the air is a little cooler.

The change in season also brings with it a greater risk of seasonal influenza, more commonly known as the flu.

Although the flu can occur at any time of year, there is usually a large increase in the number of people affected by it during October-May.

The flu can cause serious problems and has the potential to threaten Army mission and readiness. More than 30,000 people in the U.S. die from it and over 200,000 people are hospitalized because of seasonal flu each year.

**Symptoms**

These are the signs and symptoms of the flu:

- Fever.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Muscle or body aches.
- Headaches.
- Chills.
- Feeling tired or having low energy.

Some individuals may experience vomiting and diarrhea. People can be infected with the flu and have symptoms like these without having a fever.

**What is the flu?**

The flu is an illness caused by one or more viruses, and it spreads easily between people, either when someone with the flu talks, coughs or sneezes and droplets containing their germs come into contact with your mouth, nose or eyes, or if you touch something that has the flu virus on it and then touch your eyes, mouth or nose.

**Flu Vaccinations**

U.S. Army Health Clinic-Schofield Barracks flu vaccines are now available for authorized patrons. Schofield Family Medicine flu immunizations are provided for Red, White and Blue Family Medicine teams.

- From 7:30-11:30 a.m., Monday-Friday.
- From 1-3 p.m., Monday and Friday.
- From 1-2 p.m., Tuesdays through Thursdays.
- From 7:30-11:30 a.m., and 1-5:30 p.m., Wednesdays, through Jan. 15, 2015, for Family Medicine Red Team.

Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday, or with any scheduled appointment.



U.S. Army Public Health Command

**Col. Emily Russell, the acting chief of preventive medicine and public health at Martin Army Community Hospital, gives a flu shot to Col. Ryan Kuhn, commander of the 197th Infantry Brigade.**

Seasonal flu is not the same as the stomach flu, although they can have similar symptoms like vomiting and diarrhea. Seasonal flu is a respiratory disease and not a stomach or intestinal disease.

**Flu Prevention**

By taking just a few steps, you can prevent the flu. The U.S. Centers for Disease Control and Prevention recommends taking the following three actions to fight the flu:

**1) Get the flu vaccine each year.** This is the best way to prevent the flu, and it is required each year for active duty, National Guard, Army Reserve members and any health care personnel who provide direct patient care in military medical treatment facilities.

It is also recommended for all other beneficiaries aged 6



File photo

**Washing hands for 20 seconds reduces spreading of the flu.**

months and older. Caregivers to young children should receive the vaccine, especially those who care for infants younger than 6 months old.

Adults aged 65 years and older, pregnant women, children and those with chronic health conditions, like asthma or diabetes, are at higher risk of serious problems from the flu and should get the vaccine as soon as it becomes available.

TRICARE beneficiaries can get the flu vaccine at no cost from any of the following places: military hospitals and clinics, any TRICARE-authorized provider and participating network pharmacies.

Be sure to call your clinic, pharmacy or provider to see when vaccine is available. Active duty, National Guard, Army Reserve, and those who provide direct patient care within military treatment facilities and must get the flu vaccine are urged to follow the direction of their unit and/or

supervisor.

**2) Stop the spread of germs in everyday activities.** In addition to getting the vaccine, other steps that you can take to reduce your likelihood of getting the flu include these:

- Wash your hands often with soap and water. When you do not have access to soap and water use an alcohol-based hand rub. When washing your hands, do so for at least 20 seconds, which is as long as it takes you to hum the song “Happy Birthday” twice.
- Cover your mouth and nose with a tissue when you sneeze or cough, and throw the used tissue away.
- Cough or sneeze in your upper sleeve or elbow when you don’t have any tissue.
- Avoid touching your mouth, nose or eyes.
- Disinfect commonly used surfaces and objects, such as doorknobs and toys.
- Keep away from people

who may be sick.


- Stay home from school, work or other group settings if you are sick, except to get medical care or to get items that you need.
- Maintain good health habits by living the Performance Triad, a top priority of the Army surgeon general, which includes getting at least 7-8 hours of sleep every 24 hours, being active and eating healthy.

**3) Take antiviral medicine if your health care provider gives them to you.** This medicine cannot cure the flu; however, it can make the illness shorter and can also prevent more serious problems.

Antiviral medicine must be prescribed by a health care provider. The medicine works

**Online Support**

Health information products (brochures, posters, etc.) on influenza are available online at the U.S. Army Public Health Command Health Information Products eCatalog at <https://usaphcapps.amedd.army.mil/hioshoppingcart/>.



best when started within two days of getting sick. Follow your health care provider’s instructions for taking the medicine.

By taking these three steps for yourself and your family, you can have a healthier flu season and help keep the Army family healthy!



# Caution prevents foodborne illness

LT. COL. STEVE LAWRENCE  
Army News Service

Ben Franklin once said, “An ounce of prevention is worth a pound of cure,” and that certainly is as true today as it was in Ben’s time.

The U.S. has one of the safest food supply systems in the world, but that doesn’t mean it is perfect.

Most service members are a well-traveled group and have eaten in countries that have differing food safety standards. Some countries have no food standards at all.

Gastrointestinal illness is one of the many repercussions that can afflict the service member who has eaten food from a street vendor selling the local specialty.

The U.S. Centers for Disease Control and Prevention estimates that 1 in 6 Americans gets sick every year as a result of foodborne illness, 128,000 are hospitalized, and approximately 3,000 die of foodborne diseases.

Young children and adults over 65 years are most likely to be hospitalized with severe complications or even death as a result of foodborne illness.

Salmonella, Norovirus, Clostridium and Campylobacter are the pathogens most commonly implicated in outbreak investigations.

**Salmonella.** It’s a bacteria commonly found in farm animals like poultry. Many outbreaks can be linked to undercooked poultry and eggs, but also other commodities, such as fruits and vegetables, have been linked to Salmonella foodborne outbreaks.

The illness causes fever, abdominal cramps and diarrhea and can last up to one week in duration. Most people recover quickly without antibiotics.

**Norovirus.** It’s the most common food poisoning sickness found in the U.S. The CDC estimates that approximately 58 percent of all identified food outbreaks are caused by this virus.

Salad ingredients and shellfish are the commodities most commonly associated with Norovirus. In addition to eating contaminated food and water, person-to-person contact or touching contaminated surfaces can lead to this sickness.

Typical clinical symptoms of Norovirus infection are nausea, vomiting, cramps and diarrhea and can last anywhere from 1 to 3 days.

**Clostridium perfringens.** It’s a bacteria found in the environment, as well as the intestines of people and animals. Most cases of clostridium are caused by improperly



Debora Cartagena, Centers for Disease Control

**The USDA recommends that all poultry be cooked to a safe minimum internal temperature of 165 degrees Fahrenheit to prevent foodborne illness.**

cooked meats, meat products and gravy. Typical symptoms of this type of food poisoning include abdominal cramps and watery diarrhea that lasts for only 24 hours; however, milder signs can last up to a couple of weeks.

**Campylobacter.** Organisms are bacteria found in the intestines of animals. Food-borne outbreaks are linked to poultry or unpasteurized milk that may have been contaminated with manure.

Typical symptoms of this disease include fever, cramps, diarrhea and vomiting and can last from a few days to over a week.

Most of these foodborne illnesses can be prevented by following these guidelines:

- Clean and properly disinfect food surfaces, such as cutting boards. Keep separate cutting boards for fruits, vegetables and meats and never cross-contaminate.
  - Clean fruits and vegetables thoroughly before serving raw or cooking.
  - Keep warm foods warm and cold foods cold. Food grows bacteria in the “food danger zone” of 41 to 140 degrees Fahrenheit. Ensure that hot foods are cooked to at least 165 degrees Fahrenheit before serving.
  - Use a thermometer to verify the cooking temperature. Ensure that your refrigerator temperature is set low enough to bring foods below 40 degrees Fahrenheit rapidly.
  - Wash hands before, during and after food preparation.
  - Respect the “sell-by” date on fresh meat products.
- Practicing these simple methods can keep



James Gathany, Centers for Disease Control

**To avoid a possible foodborne illness from eating a peeled food, wash the food in warm water prior to peeling, which will greatly reduce the chances of pathogens.**

your family healthy and prevent food poisoning. Remember, an ounce of food safety knowledge will save you many appointments at primary care.

*(Note: Lawrence is the veterinary services portfolio executive officer at U.S. Army Public Health Command.)*

 PERFORMANCE TRIAD =

## Triad finish line approaches

U.S. ARMY GARRISON-HAWAII  
Public Affairs

The 26-week Performance Triad challenge is now entering its final three weeks.

This is the home stretch for those who have committed to the challenge that is designed to improve overall health and fitness.

**Sleep Goal**  
Some individuals check the clock during the night and worry about how much time they have remaining to obtain adequate sleep. This can actually reduce sleep by increasing anxiety. If this sounds like you, cover the clock face or move the clock to where you cannot see it from your bed.

**Activity Goal**  
Use a personal fitness device, Smartphone application or pedometer to make sure you get 10,000 steps during your daily routine.

**Nutrition Goal**  
Make fresh foods your first choice. Processed foods tend to have more sodium.



File photo

**Learn to eat fresh foods to reduce sodium.**

**Online Support**

H.E.A.L.T.H is a Web and Smartphone app that helps promote healthy nutrition and exercise. H.E.A.L.T.H. is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at <http://armyhealth.pbrc.edu>.

